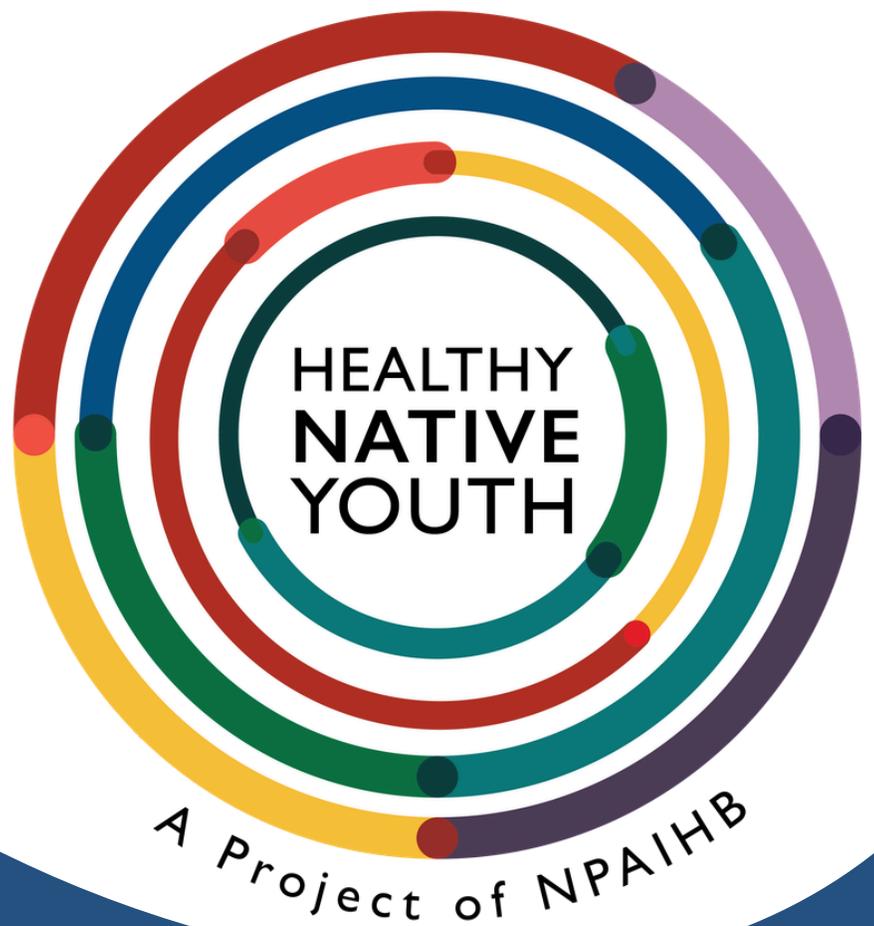


My Support Team: Circles of Support Activity

FIND US ONLINE:

🌐 www.healthynativeyouth.org
* linktr.ee/HealthyNativeYouth

  @NPAIHB



Text 'HEALTHY' to 94449 to
stay up to date with Healthy
Native Youth





Who's in My Support Network?

Description

Before we can begin to let youth in our communities know that we are an "Askable Adult" that they can ask sensitive questions of, we need to make sure we have a support system of our own in place.

To start, think of who in your community *you* can talk to if a youth tells you something concerning.

Instructions:

1. **Circle 1: Write your name**
2. **Circle 2: Write the names of people very close to you.** Trusted relatives or friends who you know can help and listen are good people to start talking with when you need support.
3. **Circle 3: Write the names of resource partners;** helpers in your community that can help with resources or names of other partners or organizations (e.g. elders, mental health/ clinical).
4. **Circle 4: Write the names of local or national resources** that you can get support for either yourself or youth. For example, school or tribal counselors, coaches, teachers, administrators, health educators, community or traditional leaders, Crisis Lifeline.



My Support Team

TEXT "NATIVE"
TO: 741 741

CRISIS LINES:
DIAL 988

My Name

Close Friends

Resource Partners

Local Resources

1

Write Your Name

2

Write the names of relatives or friends very close to you that you can talk to

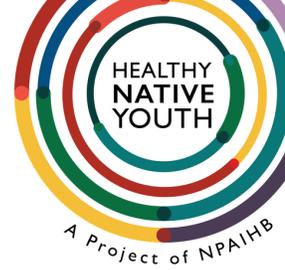
3

Write the names of helpers (e.g. elders, mental health/ clinical) within your community

4

Write the names of local or national organizations you can call

My Support Team



Write down who is a part of your support team ahead of time so you've got folks names and numbers at your fingertips when you need them!

1 It all Starts with Me!

Write Your Name

For support, I can call:

2 My close relatives or friends

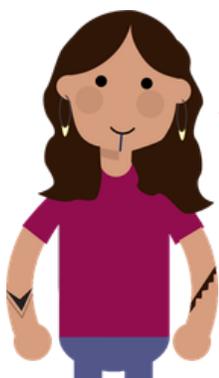
	<input type="text"/>		<input type="text"/>
	<input type="text"/>		<input type="text"/>
	<input type="text"/>		<input type="text"/>

3 My Resource Partners

	<input type="text"/>		<input type="text"/>
	<input type="text"/>		<input type="text"/>
	<input type="text"/>		<input type="text"/>

4 Local or National resources

	<input type="text"/>		<input type="text"/>
	<input type="text"/>		<input type="text"/>
	Crisis Lifeline		988
	Text "Native"		741 741



You are not alone!
If you need help, Text "Native" to 741 741 for FREE 24/7 Counseling support, or Dial 988.

Scan the QR code using your phone for Native Youth Support Resources

5



<https://linktr.ee/npaihbthrive>